



FALL PREVENTION & SAFETY
Older Adult Safety Checklist

1. _____ clear walk path.
2. _____ install rails & grab bars.
3. _____ improve your vision thru eye routine eye exams & adequate lighting.
4. _____ prevent slips.
No throw rugs or use secured throw rugs in high traffic water areas;
Remove other throw rugs if unsafe.
Wear safe non-skid & non-stick shoes. Heavy shoes may be unsafe also.
Check equipment & furniture for condition & stability
5. _____ follow the 4 “r’s”: re-organize, re-model, re-arrange & re-move for injury prevention, general safety & energy conservation
6. _____ adaptive equipment for safer mobility & tasks around the house.
7. _____ use of walk aids or mobility aids such as a cane or walker or wheelchair to improve balance, safety & provide fall prevention.
8. _____ schedule a physical therapy evaluation & home safety assessment if you are at risk for a fall. Begin a physician guided or monitored fitness program by a licensed professional.
9. _____ begin medical emergency preventative steps!!!
 - Install audio or video monitoring system if needed in the home.
 - Emergency preparedness kits. Plans posted & practiced
 - Post emergency information sheets with contact numbers & medications.
10. _____ follow general safety guidelines for your home for fire, security, & maintenance.